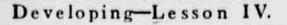
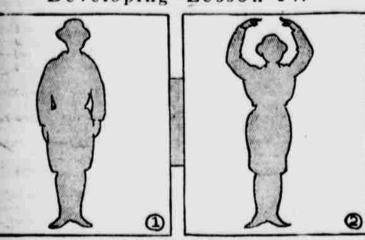
Evening World Daily Magazine

The Evening World's Perfect Figure Contest

Conducted by Pauline Furlong

To Make Perfectly Proportioned for Their Height Women Now 15 or More Pounds Over or Under Their Proper Weight.





The "Circle" Breathing Exercise.

THE person who only half breathes only half lives, and it is a fact that nine out of ten human beings only half breathe. The greater the chest development the greater the strength, endurance and immunity from contagious and common disorders, providing the possessor of this chest capacity knows how to use it to best advantage.

All breathing exercises are beneficial to thin and atout persons alike. ry one who desires to live and be well must increase the supply of life ving exygen to the blood, through deep and regular breathing practice, se there can be no permanent health without it.

The exercise illustrated in this lesson is an easy one for all readers I is practised as follows:

Stand with feet nearly together, hands hanging loosely at sides. Slowly also the hands until they are on a level with the shoulders and take a deep breath meanwhile. Continue raising the arms until they are in the position hown in the picture, describing a circle. Hold the breath a few seconds, iming to reach the most remote corner of the lungs with the air. Then slowly lower the arms and exhale through the nostrils. Relax for a moment and proceed with the exercise at least ten times. Practise this, with the ones given to stout readers in the Reducing Course, at least five minutes twice each day by an open window.

Lesson Talks and Answers to Queries.

water, three parts.

remove. They may siderably, however.

GRANULATED LIDS - DANIEL

R.: The particles on the lashes are usually caused by eye-strain and you should consult an oculist about riasses. Bathe the eyes with boracie

breathing organs is the diaphragm, the large, flat, powerful muscle which

the most important of all the
with rubber gloves when they are in
water. Always wear gloves in the
street. Rub the hands often with the
following: Glycerine, one part; rose divides the ab-

do min al contents from the lactic acid, a 20 per cent solution.

chest cavity freckles are beneath the surface of and vital orthogone. They may be faded out contents and capity, however.

The diaphragm is dome-shaped -at rest-with the curve upward and with every deep, full

tt curves downward, its ne exactly like a bellows. the breath the deeper rd the action of the diaand, when the breath is ed, it slowly rises up. During

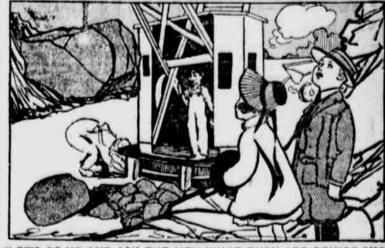
A "Leak"

By Maurice Ketten



The Evening World's Kiddie Klub Korner

Conducted by Eleanor Schorer



'LET'S GO UP AND ASK THE MEN WHAT THEY ARE DOING," SUG

Dicky and Dot in the Wonder City

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The New York Evening World)

Digging Away a Hill.

ROCKS and stones were flying around and men were digging, digging, and great machines were helping. Dicky and Dot were wandering about, hoping, of course, to have an adventure and see something especially interesting.

"Let's go and ask the men what they are doing," suggested Dicky.

"All right," said Dot.

So up they went to the men and asked them if they were building a house.

"No," replied the men, "we're building a street, or making a street, if you'd rather call it that."

"I don't care what you call it," said Dicky, "but how in the world can you make a street?"

Were working Dicky and Dot saw a hill—reaching quite high above the street.

"The hill we have turned into a street was as high as the one opposite," and the man. "Of course we couldn't do all this work without the help of machines. But the rocks and sand that we got out of the hill were used to make streets that weren't high enough."

"It seems strange," said Dicky, "that in the Wonder City they are not even impressed by a small mountain or a big hill, but can turn it into a street! They can do anything they chose."

"Probably," agreed Dot, as they were walking another street," she added, for they certainly need room for all these wonders."

The idea for to-day's story wes

"Well, later on we'll plant little

To all those wonders."

The idea for to day's story was suggested by Mauriel Bergstrom, aged eight, No. 614 East One Hundred and Thirty-eighth Street.

We still pay \$1 for each accepted idea for Member of the pay and the p

den," put in Dot, "and planting little seeds."

"Well, later on we'll plant little houses," said the man, "though I don't suppose they'll be so little."

Dicky and Dot laushed. And the men were delighted to tell the two children about the street-making.

"You see," explained the man who had been talking to them, "there used to be a hill here—almost like a small mountain you would have sthought it, and we worked and worked until we made a street through it. We had to bring the mountain down and make it level with the street and we have just about finished our Job. It is to have are neare woulden in New York to write about, about finished our Job. It is to have are neare woulden in New York to write about, about finished our Job. It is to have are neare woulden in New York to write about, about finished our Job. It is to have are neare woulden in New York to write about, about finished our Job. It is to have are neare woulden in New York to write about, and exist to cause the supply will be exhausted.

By Mary Graham Bonner.

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Club New York Exciting World.)

Diagram Avont a Hill.



The Blind Man's Eyes

Romance and Mystery Unfold on a 'Cross-Continent Train

The Blind Man's Eyes

Romance and Spirity Endold on a 'Creat-Confident Train

See plant partners, while the first production of the confident partners of the confidence of th

By William MacHarg and Edwin Balmer